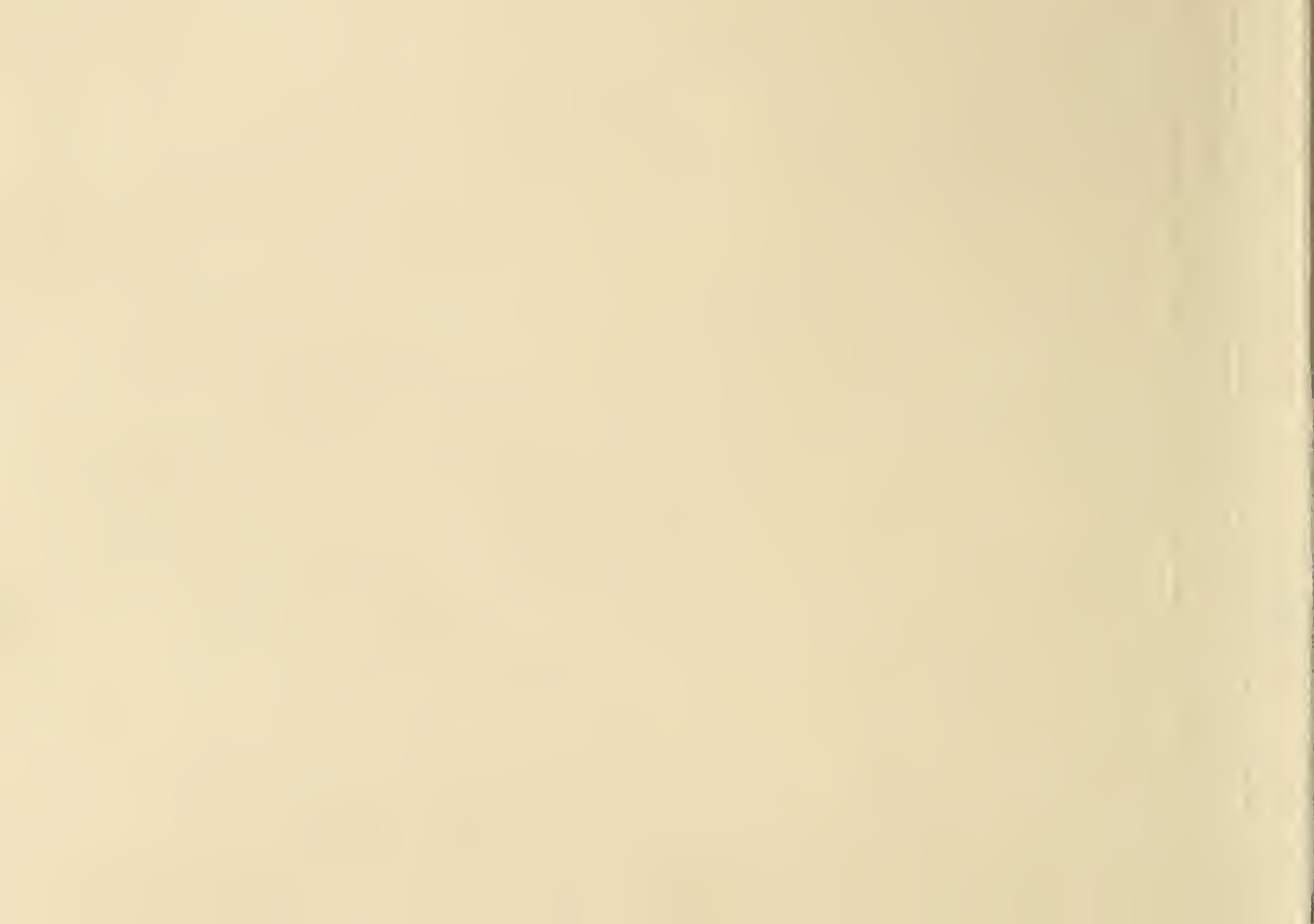


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CONSUMER TIPS > >

FRESH FISH

(Information from Fish & Wild Life Service)

GPO 16—19214

1. Flesh should be firm and rigid; leave no imprint when pressed with finger.
2. Eyes should be transparent and bulgy; not sunken.
3. Gills should be bright red, not yellow or grayish; should have fresh odor.
4. Skin should be shiny.
5. Scales should cling to skin.

Food value: protein, fat (certain fishes), vitamins A, B, D, and G, and minerals.

Storage: fresh fish should be kept cold until prepared for the table. Wrap in waterproof paper before putting in refrigerator.

Frozen fish: should be stiff and hard when bought; Cooked within short time after thawing.

Fresh and frozen fillets and steaks: in package form; no waste, no cleaning, no scaling.

For economy: look for less common varieties; local varieties of fresh fish; compare fresh and frozen.

CONSUMERS' COUNSEL DIVISION
U. S. DEPARTMENT OF AGRICULTURE
WASHINGTON, D. C.

CT-27

CONSUMER TIPS

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GUIDE TO BUYING

1. Experiment with fresh, frozen, salt, and smoked fish.
2. When buying fresh fish, try unusual local varieties.
3. FRESH FISH should have the following characteristics:
Flesh - firm and rigid; hold no imprint of fingers.
Eyes - transparent and bulgy, not sunken.
Gills - bright red, not yellow or grayish.
Skin - shiny.
Scales - cling to skin.
4. FROZEN FISH should be stiff and hard when bought, kept frozen until just before cooking.
5. FOOD VALUE: Protein, minerals, fat (certain fishes), Vitamins A, B, D, G.
6. STORAGE: Wrap in waterproof paper and keep in refrigerator until ready to prepare for table.

VARIOUS CUTS OF FRESH & FROZEN FISH

<u>Name</u>	<u>Description</u>	<u>How to prepare</u>
Whole or Round:	Fish as landed	Usually scale, remove head, entrails; split or cut up.
Drawn:	Entrails removed	Same as above.
Dressed:	Entrails, head, tail, maybe fins removed.	Split, cut into serving portions, or cook whole.
Pan-dressed:	Same as above; maybe split & backbone removed	Pan-dressed fish (usually small) are ready to cook.
Steaks:	Cross-section of larger fish.	Steaks are ready to cook.
Fillets:	Boneless sides.	Ready to cook.

(Information from Fish & Wildlife Service) Rev. CT-27
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